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Introduction

Contemporary technology in healthcare is a way of using software, computer platform and other apps that have been developed to assist in the prevention, treatment and wellbeing of individual to enhance delivery of care and promote health. Computer technology or digital is now considered as one of the major motivational factors in improving the healthcare system all over the world. Due to increase in internet accessibility, healthcare system has changed and continues to evolve to meet the needs of the patient. One can access information on mobile phone, television, computers and many more. The use of computer technology in healthcare has indeed improved the life of patient. Patients are now considered the center of their own care. Modern techniques and skills of healthcare team are all based on the advance technology which is available.

Uses of Technology in Health Care

As contemporary technology in healthcare is aimed at improving the health of the patient, it also helps in diagnostic process. According to the Committee on Diagnostic Error in Health Care, "Health IT plays key roles in various aspects of the diagnostic process: capturing information about a patient that informs the diagnostic process, including the clinical history and interview, physical exam, and diagnostic testing results; shaping a clinician's workflow and decision making in the diagnostic process; and facilitating information exchange" (2015). Information in healthcare is very essential in helping the medical team arrived at a diagnosis and treatment. With the increase in modern technology, health workers have been able to develop series of question that aim at acquiring all the needed information. History taking and interviews are now done in private and allow the patient to verbalize any concern; there by increase trust and good relationship between patient and healthcare team. There are many research tools that are used during interviews to get a diagnosis of a patient. Example of such tools is the cognitive development tool which has been designed to help diagnose Dementia and Alzheimer's.

During physical assessment, they used sophisticated instruments, skills and knowledge acquired using contemporary technology to help diagnose a patient. Health care team uses ultrasound and x-rays to help give a specific condition of internal organs.

Administratively, contemporary technology has been beneficial in managing patient information. Due to advance in technology, patient information is collected and kept well in a

data base so it can be retrieving easily. Healthcare use to have paper as a means of recording and storing information. These papers are stored in files and are kept in storages which may be difficult to find after some time.

Both patient and healthcare team also reserve care and support as a result of the evolving of technology. I visited my grandmother at the hospital and the nurse was on a video call with another team member elsewhere who was helping the nurse perform a procedure on my grandmother. I feel this is a great way of healthcare workers getting the help they need to promote patient care. It is now easy to get access to once laboratory result through mobile phone or many sites created by hospitals and clinics.

COVID-19

COVID-19 has been a worldwide pandemic that has had an adverse effect on the life of human. Due to the danger and spread of the virus, world health organization was able to bring “scientists and global health professionals together to accelerate the research and development process and develop new norms and standards to contain the spread of the coronavirus pandemic and help care for those affected” (Global Research on Coronavirus disease, 2021). There was some measurement set for people all over the world to follow in order to control the spread of the virus that was killing millions of people globally. Life became very hard for everybody, because people where ask to stay 2 meters from each other and no visiting family and friends. However, because of technology, life became a bit easy as a lot of people were becoming depressed and suicidal. There were social media platforms that helped a lot of people to have all the needed information and socialization. Social media platforms like Facebook, twitter, Instagram, tik tok and many other more were always updating the figures of new cases, number of death and confirmed positive cases.

People were able to communicate through video call, phone call and text messages with their families and friends during quarantine. They were able to socialize with other people, communities, and formed a common general group of thinks along songs on social medial. Another vital role that technology has played during COVID-19 is, people can get health related help. Doctors and healthcare practitioner were doing online consultations and counselling. People could also book an appointment and request for prescriptions and make general enquires during the pandemic period with the help of an app. Life would have been very hard and frustrating without these modern technologies. Student and instructors used technology as a learning tool during this pandemic. Schools set up different software for school academic to continue. Student also used these sites to have access to the school

library and even do school discussion with their colleagues. The impact of these pandemic has challenged most people to have knowledge in computer.

Digital Communication, Collaboration and Participation

The use of digital communication in our world is very important. As communication is a way of shared information and receiving feedback, digital communication has made it easy between healthcare practitioners and patient. Telephone calls are made to patient to relay their test result to them. Doctors are now able to send prescriptions from their computers to pharmacy. Digital communication has also allowed healthcare team to work faster and better without wasting any time. Through digital, health professional can now retrieve patient data from anywhere for medical reasons.

For every institution to run effectively, there must be a good collaboration in all levels. Healthcare is a place that need the collaboration of physicians, nurses, laboratory and X-ray technician, cleaners and all stakeholders to collaborate for the successful running and treatment of patient. Physician can now work remotely and collaborate with other physician to help bring a diagnosis and treatment plan for patient. All these are done with the aim of saving a patient and protecting the patient identity.

Through improved technology, patient is now able to access their information and can suggest in their plan of care. My grandmother is in a care home and his children who live in different countries can do a care conference with the use of internet with the facility every quarter. They discuss about her care, and any changes that needed to be made. Suggestions were made and they all get idea as to what must be done. This is a form of participation in my grandmothers' care that has come as a result of contemporary technology. The goal of healthcare team using digital technology aims at improving knowledge, communicating information and collaboration with each other.

Digital Identity, well-being and Safety

As we all enjoy digital technology in our healthcare, our digital identity, well-being and safety becomes a very important aspect of technology. Telehealth, mobile health, and electronic health record have become easy to get in touch with physician and even have access to once medical record when in need. At the comfort of your home, you can call the consultant when in need without walking to the clinic. By putting safety measures in place, it helps

control who can have access to patient information in a safe manner. Patients entrust healthcare team with their information, and they expect confidentiality from the care givers. Identity must always be verified and protected for patient to feel safe and secured. There must be a framework that “includes the resident using the Verify credential to login and access the desired government service. The resident uses either a code sent by the identity provider on their registered mobile or landline number, or an M-PIN to authenticate themselves. The government service provider then locates the user in its own records and determines whether they are entitled to access the service being requested” (Shruti and Yesha, 2019). The government of our great country is putting every measure in place for patient and users of Contemporary technology to feel secured.

Digital Literacy

“Digital technology and associated applications can represent a cost-effective means of delivering career development services, particularly in remote and isolated areas, and there is a strong policy steer for organizations delivering career development services in England to make greater use of internet-based services” (Czerwinska and More, 2019). As an online student, I can communicate with my instructor without being physically present at his office. This is cost effective because I do not have to take a bus or train daily to go to school. After I complete my education successfully, I am assured of getting a carrier in the health sector that will benefit me and my family. Most textbooks are now online which is called e-book. Student also have access to the school library online. Teaching and learning are now design in an attractive and innovative way through technology. Through online teaching and learning, and the use of other online research, one is assured of self-development. Knowledge and skills acquired, and the use of other online apps and programs are aims in developing oneself.

Data Handling

The relevance of information collected from patient or any firm and how it is handed digitally is a very vital thing. In order not to break patient confidentiality, healthcare team must keep educating or enforcing each member on the importance of the information they may have at their disposal. Data management must be in a skillfully plan and understand how to handle the data and at the same time make information available for all users.

Conclusion

In conclusion, the inversion of contemporary technology or digital has brought a massive change in the delivery of healthcare. It has help in the improvement of health delivery,

patient satisfaction, and prevention of errors. It is therefore important to monitor for security reasons and to protect patient information.

References

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